

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Tomatillo Cilantro Chicken Tamales	655	70	15	69	10	318	12	36% Vitamin A	196% Vitamin C	32% Iron
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
New England Shrimp Roll	615	36	16	79	4	1320	16	29% Vitamin A	14% Vitamin B6	36% Vitamin C
Blackened Baja Salmon & Avocado Tacos	517	37	24	40	7	171	14	11% Vitamin B-6	17% Vitamin A	
Mae Ploy Chicken	760	67	17	88	8	1627	22	13% Vitamin A	37% Vitamin C	6% Calcium
(½ the rice and sauce)	600		17				15			
Brussels Sprout Unda with Cranberry Aioli	325	25	29	46	13	450	20	21% Calcium	7% Vitamin A	4% Iron
Miso Noodle Soup	265	15	6	52	5	1181	4	124% Calcium	28% Vitamin C	14% Iron
Shepherd's Pie	915	30	50	93	10	852	22	202% Vitamin A	33% Vitamin C	17% Calcium
(half the portion size)	460		25				11			
Beef Stroganoff with Fresh Spinach	540	38	38	15	6	450	19	330% Vitamin A	130% Vitamin C	73% Vitamin B-12
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218	11	190% Vitamin C	14% Calcium	43% Vitamin A

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Portobello Grilled Cheese & Creamy 5-Grain Soup	840	40	48	67	6	755	30	29% Vitamin A	27% Vitamin B12	100% Calcium
(½ the soup and ½ the cheese)	580		26				19			
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.